A close-up photograph showing a person's hands spreading a thick layer of peanut butter onto a slice of whole grain bread. The bread is placed on a white plate. In the background, there is a colorful, patterned surface, possibly a tablecloth or placemat, featuring cartoonish designs like a red crab and a blue airplane. A small portion of another sandwich is visible on the left side of the plate.

= 1 Ounce Meat



**2 - 4 Servings**

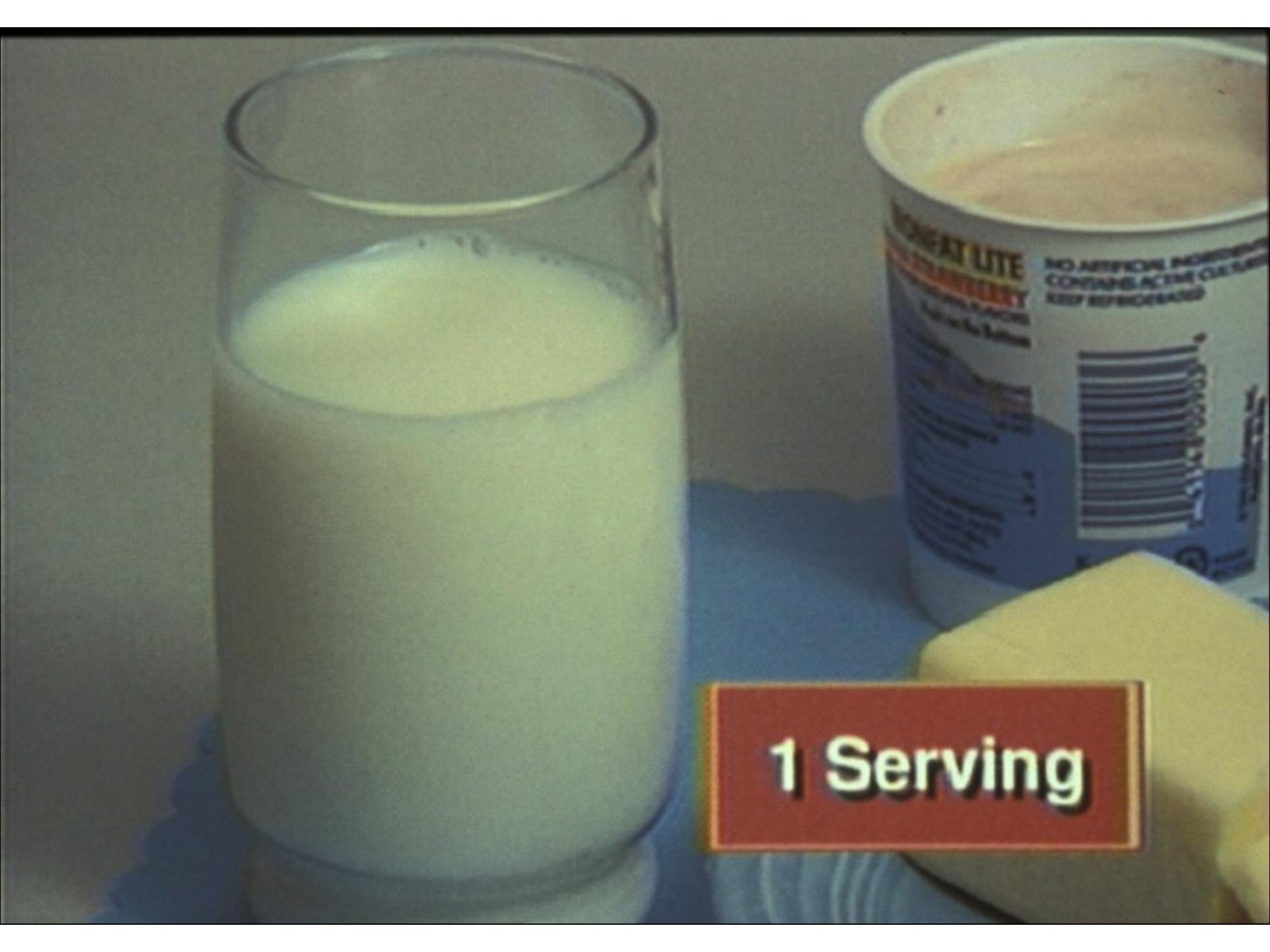


NONFAT LITE

Strawberry  
Yogurt

NO ARTIFICIAL INGREDIENTS  
CONTAINS ACTIVE CULTURES  
KEEP REFRIGERATED

1 Serving



**1 Serving**

SMART LITE  
PROTEIN POWDER

NO ADDED SUGAR  
CONTAINS ACTIVE CHIA SEEDS  
KEEP REFRIGERATED



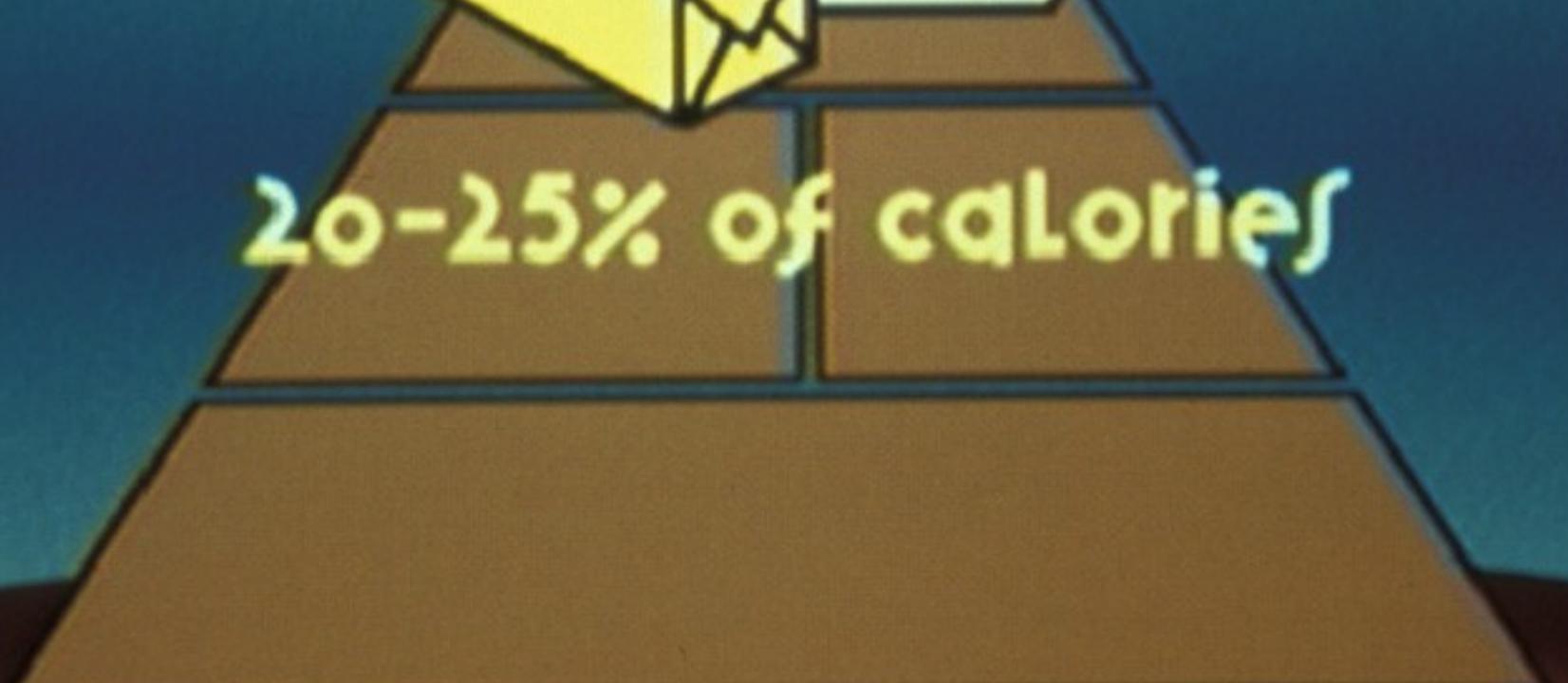
**1 Serving**



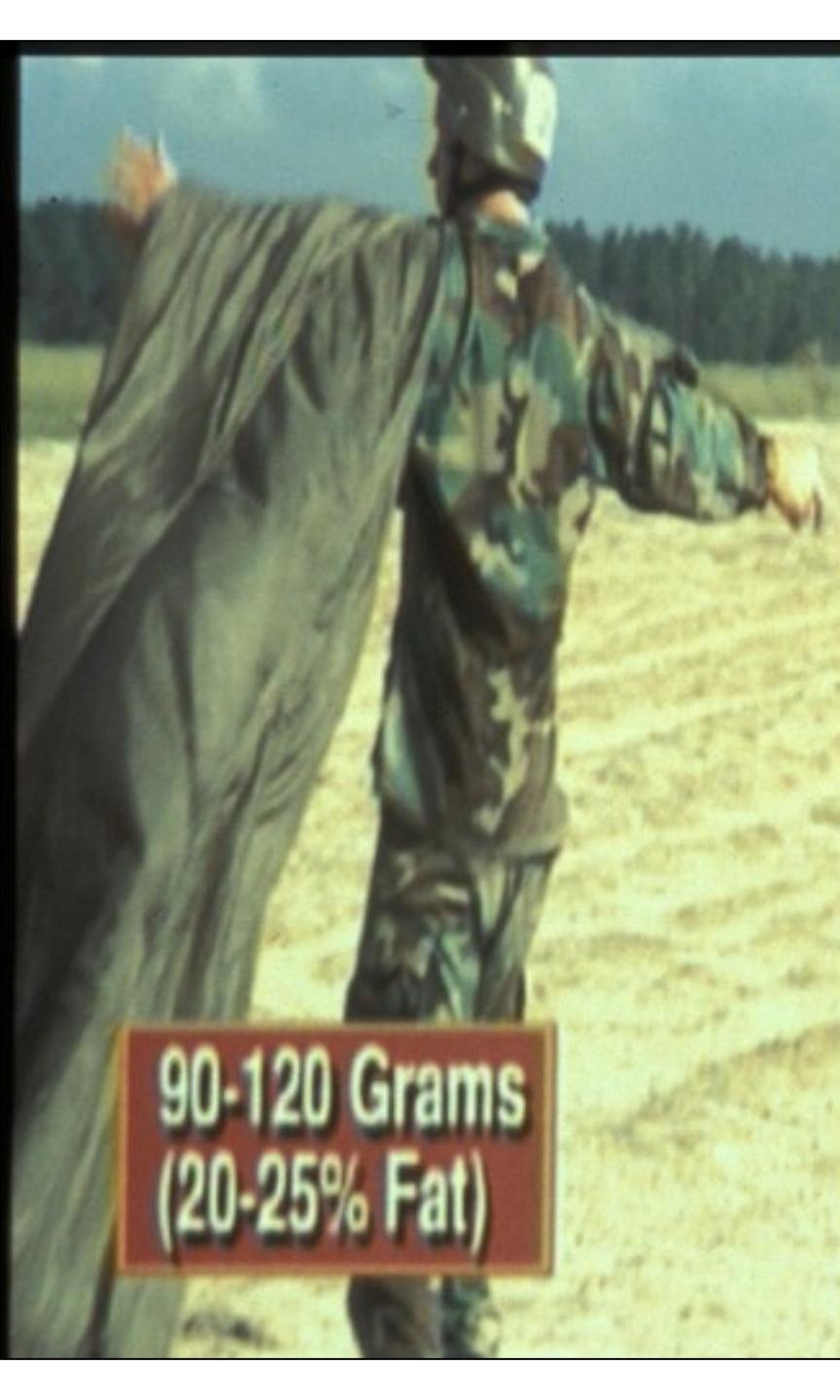




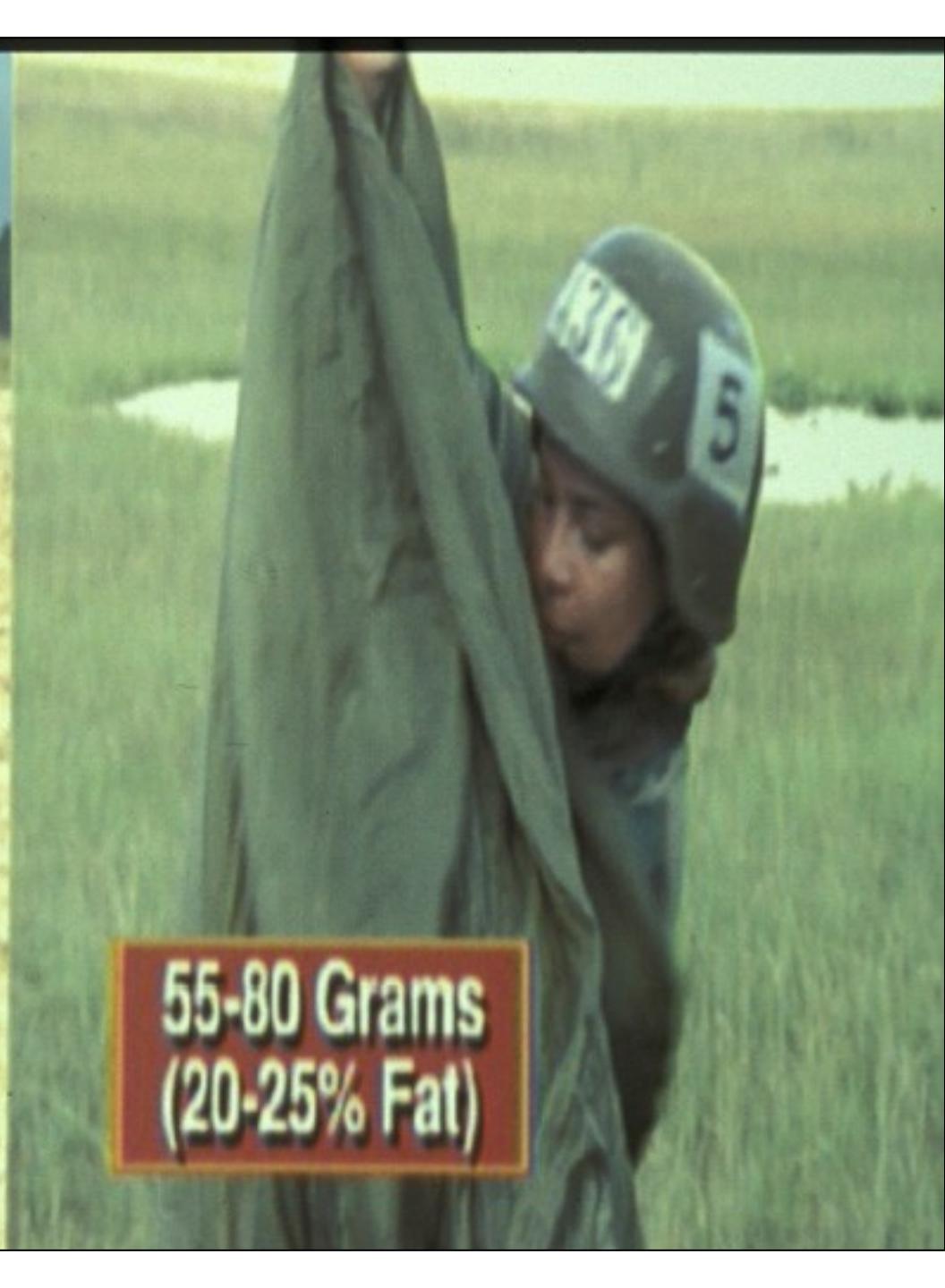
SUGAR



20-25% of calories

A photograph of a person in camouflage gear running through a field. The person is wearing a cap with a number on it and is in motion, with one leg extended forward.

**90-120 Grams  
(20-25% Fat)**

A photograph of a person wearing a green hooded garment, possibly a poncho or raincoat, running through a field. The person is wearing a cap with a number on it and is in motion, with one leg extended forward.

**55-80 Grams  
(20-25% Fat)**

**30-50 Grams Fat**



**36 Grams Fat**



**36 Grams Fat**



**80 Grams Fat**



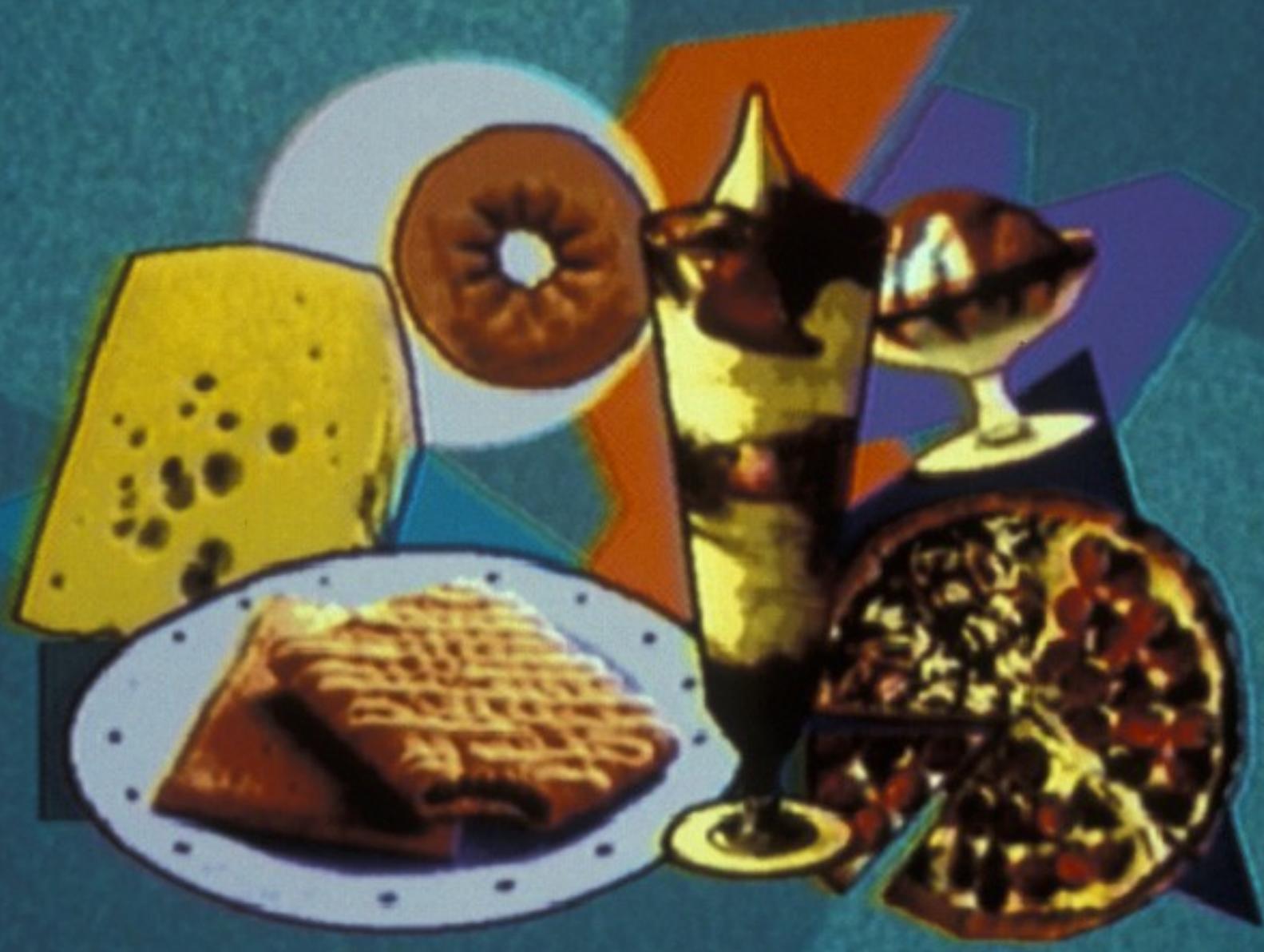
**61 Grams Fat**

**48 Grams Fat**



A photograph of a meal consisting of a plate of bacon and three glasses of beer. The bacon is stacked on a blue and white striped paper doily. The beer glasses are clear with a red and gold logo on the front. A red rectangular overlay contains the text.

$+15 = 63$   
Grams Fat







**100 Calories  
< 1 Gram Fat**

